Resting Heart Rate Chart: By Age, Sex & Fitness Level

See where your resting heart rate lands among U.S. adults your age and sex.

1. Measure in bed
Count for 60 seconds after waking, before you get out of bed.

2. Average 3 mornings
1 reading can be off. Your 3-morning average is your number.

3. Find your row
Pick your age column and read down until your number fits.

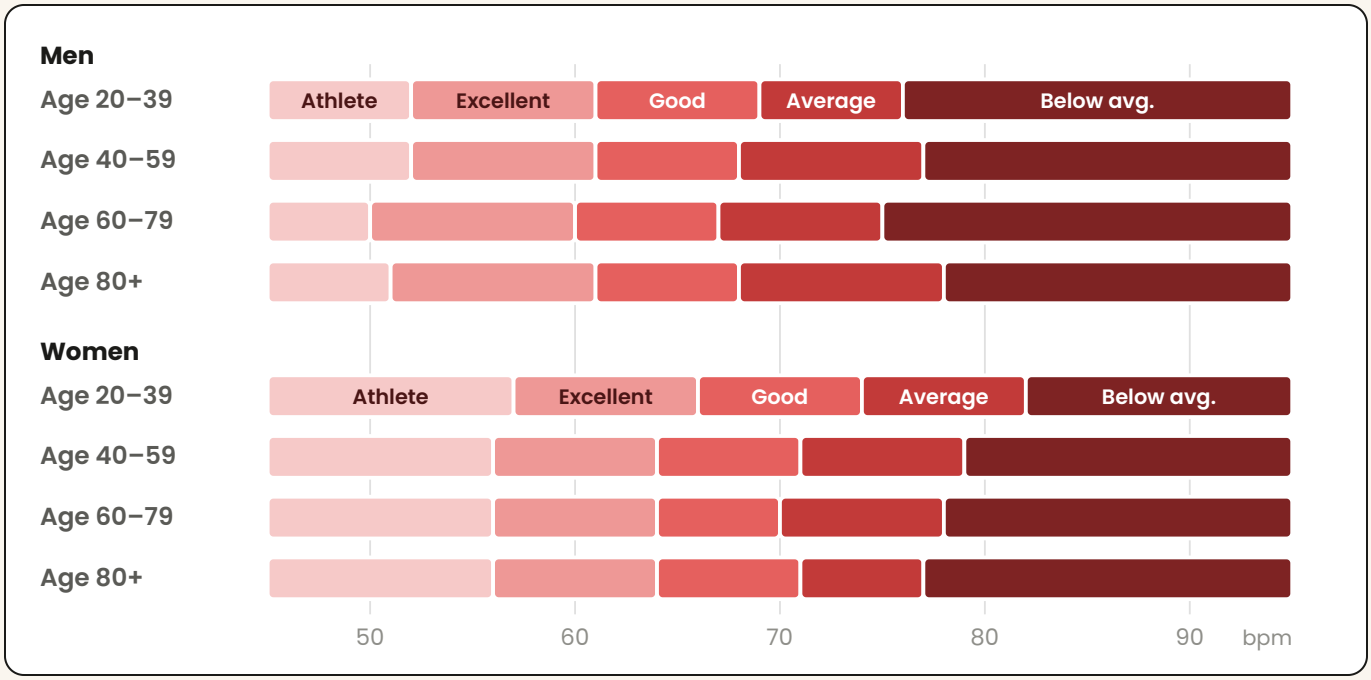
Men (bpm)

Level	20–39	40–59	60–79	80+
Athlete	<52	<52	<50	<51
Excellent	52–61	52–61	50–60	51–61
Good	62–69	62–68	61–67	62–68
Average	70–76	69–77	68–75	69–78
Below avg.	77+	78+	76+	79+

Women (bpm)

Level	20–39	40–59	60–79	80+
Athlete	<57	<56	<56	<56
Excellent	57–66	56–64	56–64	56–64
Good	67–74	65–71	65–70	65–71
Average	75–82	72–79	71–78	72–77
Below avg.	83+	80+	79+	78+

Athlete = lower than 95% of adults your age and sex. Excellent = 5th to 25th percentile. Good = 25th percentile to the median. Average = median to 75th percentile. Below average = higher than 3 in 4 adults. < means under.



The bars hardly move from age 20 to 80+, and women run 3 to 6 bpm higher than men at every age. The CDC measured people seated, so a reading taken in bed often runs a few beats lower.

Source: CDC, National Health Statistics Reports No. 41, resting pulse rate reference data, NHANES 1999 to 2008.

My 4-week resting heart rate log

Write down your number each morning. Weekly averages show the trend that single readings hide.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Average
Week 1								
Week 2								
Week 3								
Week 4								

Skip a day if you're sick, slept badly or drank alcohol the night before, and note it. Those mornings run high and can throw off the average.

My age group _____

My 4-week average (bpm) _____

My fitness level from page 1 _____

WHAT LOWERS IT

- **Steady aerobic exercise.** Zone 2 work 3 to 5 times a week is the most reliable way down.
- **Sleep.** Short or broken sleep keeps your nervous system revved and your morning number higher.
- **Less late-day caffeine and alcohol.** Both keep your heart rate up overnight.
- **Hydration.** Even mild dehydration raises it.

Most people see a measurable drop within 4 to 8 weeks of steady training.

CALL YOUR DOCTOR IF

- Your resting heart rate stays above 100 bpm.
- A low number comes with dizziness, fainting or unusual tiredness.
- You notice chest pain, shortness of breath or a racing or irregular heartbeat at rest.

Turn your number into training zones with the free Karvonen calculator: calculatemyheartrate.com. Full guide: calculatemyheartrate.com/blog/what-is-a-good-resting-heart-rate.html

This chart is for general information only and is not medical advice. Check with a physician before starting a new exercise program. Individual physiology varies.